110 **Blood Sugar Level** Joe and Charlne are not just

> They are beating it.

treating diabetes.



## Join us. Be Informed. Take control of your diabetes!

4 CLASS SERIES HELD MONTHLY MARCH THROUGH NOVEMBER EVENINGS 6:00 pm to 9:00 pm — Various locations in Montgomery County

CURRENT SCHEDULE - 2010

Aug

4 | 11 | 18 | 25 Wed Evenings

19620 White Ground Rd Boyds, 20841

Sept

9 | 16 | 23 | 30 Thurs Evenings

St. Mark's U.M. Church East County Comm Ctr 3310 GatesheadManorWay Silver Spring, 20904

Oct

7 | 14 | 21 | 28 Thur Evenings

**Interdenominational Church of God (ICOG)** 19201 Woodfield Rd Gaithersburg, 20879 Nov

4 | 11 | 18 | Dec 2 Thurs Evenings

**Round Oak Missionary Baptist Church** 15812 Good Hope Rd Silver Spring, 20905

## FREE DIABETES EDUCATION CLASSES

For Prevention & Control

The African American Health Program invites you to come to 4 free classes designed to help African Americans learn how to manage diabetes and eliminate their higher rates of diabetes complications.

{ Registration Required} Call Diane 301.421.5767

Dinner served: \$5 per class for Montgomery County residents. Additional fees for those not residing in Montgomery County.



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To make a difference, join us in the effort to eliminate health disarities for African Americans in Montgomery County.